

6. GUIDING SCALE FOR DIFFICULTY

Difficulty of Execution		Extremely High Difficulty	Very High Difficulty	High Difficulty	Moderate Difficulty	Low Difficulty
Figures, hybrids	Sustained airborne weight	Multiple elements on two legs	Several elements on two legs	Elements on either two legs or one, mostly one	Mostly one leg and vertical joint	One leg
	Technique proficiency	Several very long	Multiple middle-length and long	Several middle-length and a few long with one leg	A few middle-length	Short
	Complexity, risk factors	E.g. twist spin, combined spin, twirl spin, many rotations of spins, thrust hybrids, travelling, off-balanced, isolated	Some angles in a hybrid; some hybrid sequences with blind pattern changes; multiple complex hybrid sequences; high-risk hybrids	E.g. spins, opening/closing	E.g. joined, simple rotation/spin	Simple joined
	Flexibility	Extremely large	Large	Moderate	Small	Small
Strokes, propulsion	Sustained airborne weight	Multiple sequences with both arms	Some sequences with both arms	Many with one arm or only the head, and some with both arms	Mostly with one arm or only head, and some with both arms	With one arm or only the head
	Complexity	Very complex	Somewhat complex	Moderate	Moderate to simple	Simple
Highlights, acrobatics (in Teams and Duets)	Flexibility	Extremely large	Large	Middle-level	Small	Small
	Complexity, risk factors	Very high risk, very complex	High risk, some complex	Middle-level risk	Some risk	Safe, simple
		Sequence, variations, travelling, length of exercise				
Patterns and pattern changes (mainly in Teams)	Establishing and maintaining a formation	Straight line, circle, curve	Multiple middle-level variation of blind changes; large surface changes; many swimmers moved and changed; many pattern changes		Box, two lines	Simple surface and underwater changes
	Type of pattern changes	Multiple large variation of blind changes; large surface changes; all swimmers moved and changed; many pattern changes			Mostly underwater changes, simple surface changes	
	Proximity of swimmers	Close, small			Far, wide	
Placement of the difficulty actions		Well-balanced throughout a routine			Mostly in the beginning	In the beginning

Difficulty of Synchronisation

Synchronisation of movements (in Teams)	Number of swimmers	Fewer swimmers (divided into groups)
Synchronisation with music	Complex, large variations	Simple
	Uncountable	Countable